

Chainwheel Chatter

B.I.K.E.S. Club of Snohomish County
January 2024





Prez Sez

Something to keep you smiling

A tandem rider is stopped by a police car.

"What've I done, officer?" asks the rider.

"Perhaps you didn't notice, sir, but your wife fell off your bike half a mile back

"

...

"Oh, thank God for that," says the rider - "I thought I'd gone deaf!"

A pedestrian stepped off the curb and into the road without looking and promptly gets knocked flat by a passing cyclist.

"You were really lucky there," said the cyclist.

"What on earth are you talking about! That really hurt!" said the pedestrian, still on the pavement, rubbing his head.

The cyclist replied, "Well, usually I drive a bus!"

A nerd was walking down the sidewalk one day when his friend, another nerd, rode up on an incredible shiny new bicycle.

The first nerd was stunned by his friend's sweet ride and asked, "WOW! Where did you get such a nice bike?"

The second nerd replied, "Well, yesterday I was walking home, minding my own business when a beautiful woman rode up to me on a bike. She threw the bike to the ground, took off all her clothes and said, 'Take what you want!'"

The second nerd nodded approvingly, "Good choice. The clothes probably wouldn't have fit."

"If you got \$20 from five people, what do you get?", asked the teacher. Little Johnny piped up "A new saddle!"

The old man said to his shrink, "My greatest fear is that my wife will sell all my bikes for what I told her I paid for them." Obviously, he had some cycle-logical issues.

Seriously now, don't forget to smile when passing another cyclist.

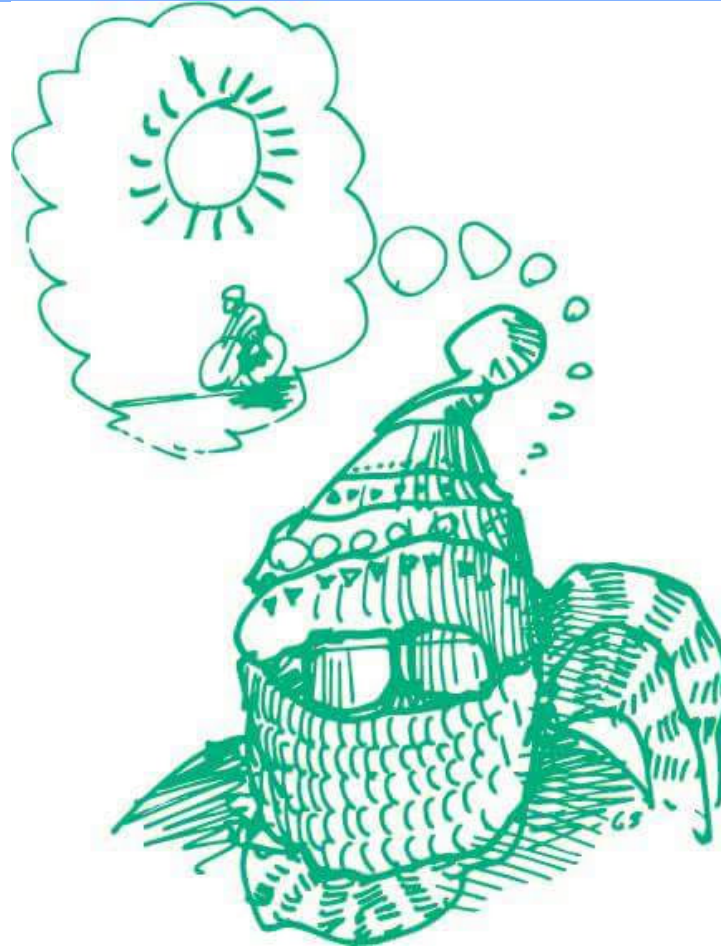
Keep on pedalín',

Prez Drew

president@bikesclub.org.



Vice Prez Sez



HEY YOU! Cyclist.

You. What are you doing!?? Cycling in WINTER??

It's raining. And it's dark. And COLD. It might snow. Are you an idiot? NO.
Of course you're not!

YOU'RE INCREDIBLE.

Amazing in fact. You're a one person climate-improving machine. You're turning up the endorphins and burning the calories to buzz up your day. You're inspiring others and making our cities that little bit more fabulous. So THANK YOU.

Safe cycling!

Tailwinds

Vice Prez Cindy
vicepresident@bikesclub.org.



News You can Use....

B.I.K.E.S. Club Makes Year End Grants

The BIKES Club Board of Directors recently approved and sent year end grants to these three organizations:

- \$3500 to Sharing Wheels
- \$1500 to Christmas House
- \$1000 to Christmas House-Camano Island.

This totals \$6,000 of the club-authorized total grant amount of \$8,000. The club will be granting the remaining \$2,000 this spring.

Ask The Wrench

January 2024

Dear Road Bike Wrench,

It's getting so that every time I ride my bike, I'm reminded how my parts are starting to wear out. What do I need to pay attention to as I progress in years and miles?

From

“Is-that-creak-in-my-knees?”

Dear Itcimk,

Oh, yes, you do indeed have to pay attention to those parts that wear: chains, tires, brake pads, cables, handlebar tape, cleats, bearings, to name a few. The better your daily maintenance, the longer your parts will last. Keep your chain clean and lubed, your tires up to pressure, replace your cables and cleats and brake pads every couple of years. Keep your bearings properly adjusted and they'll roll smoothly for years between overhauls.

Now, as it applies to handlebar tape, you never want it perfectly clean, lest your fellow riders think you rarely ride your bike. It must always be a little worn, a little dirty. That shows everybody that you ride and you ride hard. That's why RBW always rubs a little dirt and mud on his freshly re-taped handlebars. It's all about appearances.

Oh, what was that? You were asking about your body parts? Creaky knees and sore backs? Just take some glucosamine for the joints and some ibuprofen for the aches, and get out there and ride!

Sincerely,

RBW

drew@roadbikewrench.com

BIKES Club Meeting. January 11 at 6:30 pm

Location:

Snohomish County PUD Building
2320 California St.
Everett, WA, 98201

BIKES Club has monthly club meetings for members on the 2nd Thursday of each month from September to May. No meetings in the summer or December.



Coming Up...

McClinchy Camano Century Classic

Our annual event is scheduled for Sunday, April 28 in Stanwood. Save the date! Volunteers are always needed the day of the event, as well as in the weeks before. Member who ride get a \$10 discount, but make sure you are signed in to the website to see it.

You'll be able to sign up for the ride starting Jan. 6 (we hope) - and please bring your biking friends. This will be the 40th edition of the B.I.K.E.S. Club annual event ride, and our 3rd year on Camano Island (former home of the Camano Climb event).

Event coordinators Kristin Kinnamon, Debby Grant and Cindy Proctor are already working hard on logistics, marketing, and giveaways. If you see them, say thanks - and ask how you can help.

January Club rides

There will be a variety of BIKES Club rides scheduled through January on the [Calendar](#). Some rides may be posted the day before the scheduled activity. Rides can be cancelled or changed when weather conditions are forecast to be sufficiently foul as determined by the Ride Leaders and which forecasts they think may be accurate. Keep up with ride changes by subscribing to [Ride Updates](#).

[Rides Calendar >>>](#)



Ride Leader Corner

Hello Ride leaders,

Winter can be a good time for listing rides as long as you watch the weather. I tend to list shorter rides, ideally with ways to shorten the ride even more if weather gets worse.

If forecasted temperatures are low, be wary of leading rides if the temperatures are 36 or less and the roads aren't dry. Often I find that setting my start time later, say 10:30 or 11:00 allows enough of a warm up to put us into safer temperatures. Speaking of warming up, a stop for coffee/tea/cocoa makes winter riding nicer too.

Be ready to cancel if necessary. We want to err on the side of safety. Above all, have fun and thank you for listing rides.

Dan Scott,

Ride Leader Coordinator

leadaride@bikesclub.org

New Membership options

[Membership Benefits>>>](#)

[Online Reg - Step by Step>>>](#)



Rider Miles

Top riders for 2023.

Linari	Steve	5658
Proctor	Rick	3919
Tweedy	Christine	3253
Rivetti	Lou	1966
Warren	Wayne	1896

How many Club miles do you have?



Club meeting minutes

We did not have a meeting for the month of December. The link below is for the November meeting.

Log on to the club website to access all meeting minutes

[Meeting Minutes >>>](#)



Sharing Wheels

Sharing Wheels News

Nonprofit partnerships make biking better

By Kristin Kinnamon

Sharing Wheels Annual Meeting Jan. 17

As part of its nonprofit bylaws, the Sharing Wheels board hosts an open meeting every year to elect board members and “for the transaction of such other business as may come before the meeting.”

The big business at the Jan. 17 meeting is getting *your* input the features and functions most desired in a future Sharing Wheels location. The Sharing Wheels board wants to hear from a variety of stakeholders to develop a clear picture of what kind of shop space will allow us to fulfill our vision of “A Snohomish County where anyone can ride, fix or recycle a bicycle.”

Everyone is encouraged to attend. The meeting is at 6:30 p.m. Jan. 17 at the Snolsle Food Coop board room, 2804 Grand Ave., Everett.

[Read more about our plans on our blog.](#)

The B.I.K.E.S. Club board donated \$3,500 to Sharing Wheels Community Bike Shop

B.I.K.E.S. Club has been a long-time supporter of Sharing Wheels and this year is not an exception.

Sharing Wheels volunteers help with the McClinchy provide mechanical support at the major rest stop during McClinchy. B.I.K.E.S. rents the Sharing Wheels bike parking equipment for the post-ride celebration.

Sharing Wheels and BIKES collaborate throughout the year, often sharing a booth and each other's information at Bike Everywhere Day, Everett Farmers Market and on social media.

Sharing Wheels has many free and low cost programs that benefit the community. Anyone can use their tools or advice for free to fix your own bike. Refurbished bikes cost less than \$250, on average. Low income kids and adults benefit from free bikes that are refurbished by Sharing Wheels volunteers and distributed through other nonprofits ([see blog post about Christmas House bikes](#)).

Bike Classes at Sharing Wheels

Learn to replace cables and refresh your bar tape during the new Winter Tune Up class on Jan. 3 at Sharing Wheels. The class is hands-on (bring your bike) and limited to 2 students. [Advanced registration is required](#) - so don't delay!

Basic bike maintenance classes are offered every month. Learn to fix a flat and lube your chain, plus make basic adjustments. Upcoming classes are scheduled on Jan. 10 and 24.

Each class is \$35 (plus parts, if needed). Visit the [Sharing Wheels Calendar](#) to learn more:

[Sharing Wheels Calendar](#)

[Sharing Wheels Website >>>](#)

Other Links

League of American Bicyclists

Click on the link below to read the League blog and catch up on League efforts around the country. BIKES is a member of the League of American Bicyclists and it is through the League that we purchase our club insurance.

[League of American Bicyclists>>>](#)

Adventure Cycling

Whether you like your adventures in the saddle or from the armchair, Adventure Cycling will inspire. You might also find reviews of new bikes and equipment and tips on how to enjoy or improve what you already have.

[Adventure Cycling >>>](#)



bikesclub.org

Comments or suggestions? Send an email to:

[Newsletter Editor](#)
